

FEEDING YOUR FOUR YEAR OLD

Four years old! And your child is learning, learning, learning!

And to really learn as much as possible, your child needs to be well fed. Good nutrition really does help your child learn!

What A Four Year Old Needs

- A variety of healthy foods
- Regular meals and snacks
- Happy and relaxed mealtimes
- Healthy snacks
- Play and exercise daily
- A feeling of being loved
- A good example to follow

Helpful Hints

- ★ Buy fruit for snacks instead of junk foods like chips and candy. Try cutting up fruits for a “fruit salad” you can keep in the refrigerator.
- ★ Clean carrots, celery and other raw vegetables. Keep them in cold water in the refrigerator for a quick snack.
- ★ Cook extra food and freeze the leftovers for another no-hassle meal. Chili, meat sauce, beans and spaghetti all freeze well.
- ★ Freeze juice to make your own popsicles.
- ★ Give hugs and kisses instead of sweets.

- ★ Trust your child’s appetite. Just make sure you are giving the right foods for your child to choose from. Don’t let your child snack right before meals.
- ★ Help your child get in the habit of brushing teeth after meals or at least rinsing with water.
- ★ Most hot dogs and lunchmeats are high in fat. Read labels: buy brands that are low in fat. Use leftover chicken and meat for sandwiches. Peanut butter is always a favorite, too.

How Much Food For A Four Year Old?

A serving of milk, yogurt, juice or ready-to-eat cereal is $\frac{1}{2}$ cup. A serving of cheese or bread is 1 slice. For other foods, start with a serving size of about four tablespoons ($\frac{1}{4}$ cup). Include at least this many servings from the food groups each day:

Bread, Cereal, Rice and Pasta: 6 servings

Fruit: 2 servings

Vegetable: 3 servings

Milk, Yogurt and Cheese: 4 servings

Meat, Poultry, Fish, Dry Beans and Eggs: 2 servings



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